

✚ Self-Empowerment for Women – two 39 minute tapes

Do you have personal power? Do you feel good about who you are and the decisions you make? Self-Empowerment is a critical part of your self-fulfillment and growth. Self-empowerment puts YOU in control of the situations in your life. You can start your journey to self-empowerment today.

Your journey to more confidence and personal power

You'll learn:

- 5 key areas for self-empowerment
- Essential attitude-adjusting skills
- Practical strategies for personal power
- Motivational techniques for getting your life moving
- Action steps to make your dreams come true